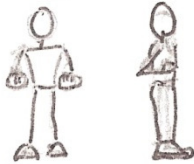


1. Standing – Feet Together, arms chambered back



2. Horse Stance, *Ma Bu*

馬步

Description: Both feet move out, punch forward, about shoulder high

Information: Builds strength in hip, knee, and ankle joints; beginners start 30 seconds to 1 minute, move up to 5 minutes, build up to 30 minutes



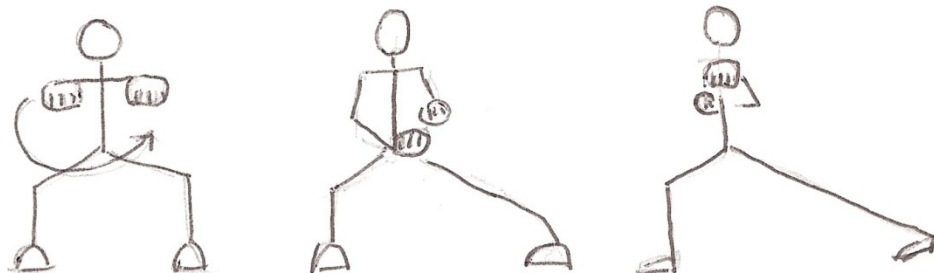
3. Climbing Mountain Stance, *Deng Shan Bu* - OR - Bow and Arrow Stance, *Gong Jian Bu*

登山步

弓箭步

Description: similar to a traditional Japanese front stance (*Zenkutsu Dachi*); when alternating punches the extended hand with rotate (think of avoiding a punch to block and trap)

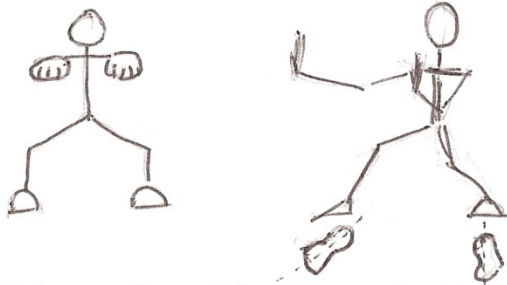
Punches can be to the front, the video shows punching to the side in the Stances section and to the front with applications when punching a hanging bag



MA BU

4. 4-6 Stance, *Si Liu Bu* 四六步

Description: Back leg has 60% of weight; when turning, turn the front leg first on the ball of the foot; front arm is extended outward with hand in vertical position, palm facing outward; other hand placed in front of the body with vertical hand, palm out, protecting heart



5. Sitting on Crossed Leg Stance, *Zuo Pan Bu*

坐盤步

Description: most of weight is on the front leg; goal is to get knee about 1" above the ground; when turning right arm should knife hand clear back to a chambered position.



FRONT VIEW



MA BU



6. Tame the Tiger Stance, *Fu Hu Bu* or *Pu Bu*

一虎步 OR 仆步

Description: Forearm is horizontal to ground; upper hand is knuckles toward the body, lower hand is knuckles toward the ground

